

## WHAT IS A CHW?

A community health worker is an individual that has dedicated their professional career to constructing bridges that create effective and reliable connections between communities, healthcare systems, and state health departments in underserved areas greatly affected by public health concerns. CHWs focus on improving the overall health and wellness of communities by offering an array of services such as providing translation of health-related information, culturally appropriate health education and information, assistance in obtaining the care one needs, and providing informal advice regarding health behaviors. Community health workers take on a vital role in marginalized communities and the demand for CHWs has increased over the years throughout the nation — especially in the state of Texas.

## TEXAS CHW CERTIFICATION REQUIREMENTS

Community Health Workers (CHWs), or promotores de salud, are non-medical public health workers who connect communities to health care and social service providers. The Texas Department of State Health Services (DSHS) established the CWH program, in accordance with Health and Safety Code Chapter 48, to operate a program designed to train and educate persons who act as promotoras or CHWs.

CHWs demonstrate skills in the eight core competencies and must meet the following certification requirements:

- Texas resident
- Must be 16 year old
- Training – Completion of an approved DSHS certified 160-hour competency-based
- Community Health Worker training program.

OR

Experience – At least 1000 cumulative hours of community health work services within the most recent three (3) years. Experience will be verified with the supervisor(s) noted in the application.

## CONTACT US

If you have any questions or are interested in participating, Please email [GomezA6@uthscsa.edu](mailto:GomezA6@uthscsa.edu).

**Course Instructor:  
Ludivina Hernandez**



Ludivina Hernandez is a Community Outreach Coordinator, Community Health Worker/ Promotora, working with underserved communities in San Antonio and South Texas. Serves as a liaison between community groups and the South-Central Area Health Education Center (AHEC) on projects to improve physical and mental health in the community.



# CHW Training Program



**South Central Area  
Health Education Center (AHEC)**

This course is approved by the Texas Department of State Health Services through South Coastal AHEC as CHW Training Site #47.

**Communication Skills** - Understand basic principles of verbal and non-verbal communication. Listen actively, communicate with empathy and gather information in a respectful manner. Identify barriers to communication.

**Interpersonal Skills** - Represent others, their needs, and needs of the community. Be sensitive, honest, respectful, and empathetic. Understand basic principles of culture, cultural competency, and cultural humility.

**Service Coordination Skills** - Identify and access resources. Conduct outreach to encourage participation in health events. Coordinate CHW activities with clinical and other community services. Provide education, assessment and social support to clients and communities.

**Capacity-Building Skills** - Identify problems and resources to encourage and help clients solve problems themselves. Collaborate with local partnerships to improve services. Assess the strengths and needs of the community. Build leadership skills for yourself and others in the community.

**Advocacy Skills** - Participate in organizing others. identify and work with advocacy groups. Inform health and social service systems and carry out mandatory reporting requirements. Stay abreast of structural and policy changes. Speak up for individuals or communities to overcome intimidation and other barriers. Utilize coping strategies for managing stress and staying healthy.

**Teaching Skills** - Promote learning and positive behavior change. Use a variety of interactive teaching methods for different learning styles. Plan and lead classes. Evaluate the success of an educational program. Facilitate group discussions in ways that engage and motivate learners.

**Organizational Skills** - Plan and set individual and organization goals. Effectively manage time and prioritize activities, yet stay flexible.

**Knowledge Base on Specific Health Issues** - Gain and share knowledge of the community, health and social services, specific health issues. Understand social determinants of health and health disparities. Stay current on health issues affecting clients and know where to find answers to difficult questions. Understand consumer rights. Find information on specific health topics and issues across all ages [lifespan focus], including healthy lifestyles, maternal and child health, heart disease & stroke, diabetes, cancer, oral health and behavioral health disease & stroke, diabetes, cancer, oral health and behavioral health.

## ABOUT THE COURSE

- 160-hour curriculum
- All 8 competencies will be covered: Communication, Interpersonal skills, Service coordination, Capacity Building, Advocacy Skills, Teaching Skills, Organizational Skills and Knowledge
- 40 lessons – 5 lessons for each of the competencies required by the state.
- Homework – There will be homework that will be assigned.
- Participation – This is an interactive course. You will be required to input and share ideas and thoughts with the class.
- Presentation – A final presentation will be required to be given orally.
- State Application – All state paperwork will be due by the end of the course and will be submitted for certification.
- Classes – Class times will vary but will be determined by the class start date.
- Completion – Participants will be presented with a completion certificate.
- There is no course fee.



Training Platform:  
Virtual through Zoom

### Class Schedule

(8-week course)

› **Every MONDAY**  
5:30 PM - 8:30 PM

*Next course starting  
June 2022*

## ELEGIBILITY

- **MUST** reside or work in Frio County
- **MUST** have stable internet connection with audio & video capability
- **MUST** be available to attend all classes listed on the class schedule (see above)
- **Please Note:** This is NOT an associate degree pathway program. Those interested in pursuing a Community Health Worker degree are advised to visit the Alamo Colleges website.